



Who is a Caregiver?

You are a caregiver if you:

...provide personal care to help a loved one bathe, dress, eat, use the toilet and move about.

...perform tasks to help, such as errands, shopping, budgeting, medical appointments, home repairs, chores, and transportation.

...seek assistance and/or formal services, such as hiring or needing someone to stay with your loved one.

...are considering placement of your loved one.

...are coping with loss when death, end of life issues, or just a change in the relationship brings about difficult adjustments for you.

Support Groups Offered:

- ◇ Diabetes
- ◇ Alzheimer's
- ◇ Vision Loss
- ◇ MS
- ◇ Parkinson's
- ◇ Grief
- ◇ Stroke
- ◇ Caring Connections
- ◇ "ANGELS"

(Caregiver Support Group)



Activities

- Caregiver Time Out every Tuesday 1-3pm.
- Support groups held monthly.
- Monthly programs, seminars & workshops held by professionals designed specifically for caregivers.
- Fun activities such as movie days, bingo, ice cream socials, book readings, special dinners & more!
- Caregiver resource library open for all caregivers.



Important Phone Numbers

Senior Services

(919) 776-0501

Central Carolina Hospital

(919) 774-2100

Medicare Information

1-(800)-633-4227

Alzheimer's NC

800-228-8738

What Resources We Provide Caregivers:



- We provide information and referral services.
- We assess needs and help you to find the solutions available in your community.
 - We offer counseling and educational services such as training and support groups.
- We provide limited respite care, allowing caregivers time to meet other responsibilities.
 - We provide a sense of community and relief with the added bonus of stress-relieving activities.



These services and more are provided free of charge through the National Family Caregiver Grant Program.

Call our Caregiver Specialist today, 919-776-0501, x2230, and begin getting your questions and concerns addressed & receive information that will assist with your caregiving needs.

Caregiver Bill of Rights

As a CAREGIVER, I have the Right:



...to take care of myself...to rest when tired, to eat well, and to take breaks from caregiving when I need them.

...to recognize the limits of my own endurance and strength.

...to identify support from family members, involved parties, physicians, churches and the community at large.

...to socialize, maintain my interests, maintain my health, do things I enjoy (have a life).

...to acknowledge my feelings, whether positive or negative, including frustration, anger and depression, and to express them in a healthy manner.

...to take pride in the valuable work I do, and to applaud the courage and strength it takes to meet the needs of my loved one.

- Adapted from the AARP



Tips For Family Caregivers

- ◇ **SEEK** support from other caregivers. Join a support group. See alz.org for more info.
- ◇ **ACCEPT** offers of help and suggest specific things people can do to help.
- ◇ **CAREGIVING** is hard work so take respite breaks as often as possible.
- ◇ **WATCH OUT** for signs of depression and don't delay in getting professional help when you need it.
- ◇ **GIVE YOURSELF** credit for doing the best you can in one of the toughest jobs there is.



For further information and resources on caregiving, visit the National Alliance for Caregiving website www.caregiving.org

Also, check out The Enrichment Center's monthly newsletter The Center Post for more information



The Caregiver Support Program

“Caring for you while

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